

2019 Winter/Spring Fitness & Yoga Guide

Lake Johnson Park: Thomas G. Crowder Woodland Center

Advance registration is required for all programs. Register online at reclink.raleighnc.gov

Ballroom Dance 101

Ages: 16+ Have you ever wanted to learn how to do Ballroom Dance? Come join us at Thomas G Crowder Woodland Center and learn to dance. Each class will include instruction from our dance instructors. With different styles offered, you can pick and choose what you would like to learn. \$10

Saturdays 9 - 10:15 AM

Waltz

#230635 Jan 12
#230639 Feb 9
#230643 Mar 9
#230647 Apr 13

Foxtrot

#230637 Jan 26
#230641 Feb 23
#230645 Mar 23
#230649 Apr 27

Saturdays 10:30 - 11:45 AM

Swing

#230636 Jan 12
#230640 Feb 9
#230644 Mar 9
#230648 Apr 13

Rumba

#230638 Jan 26
#230642 Feb 23
#230646 Mar 23
#230650 Apr 27

Therapeutic Renewal Yoga

Ages: 16+ Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques, and relaxation practices. TJ Martin is a registered yoga teacher at the 500 hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

Tuesdays 9:30 - 11 AM

#231491 Jan 8 - Feb 19
\$70 (Resident) / \$85 (Non-Resident)

#231492 Mar 5 - Apr 23
\$80 (Resident) / \$95 (Non-Resident)

Chair Zumba

Ages: 18+ This energizing, seated Zumba uses cardio and strength-based exercises for persons who have limited mobility, are recovering from injuries or who have always enjoyed Zumba music but need more support to fully participate. The benefits include improved posture, endurance, balance, flexibility and cognitive awareness. The music is exhilarating, and it feels more like a party than an hour workout. Instructor: Janet Wise-Thomas. \$5

Wednesdays 1 - 2 PM

#231686 Mar 20
#231687 Mar 27
#231688 Apr 3
#231689 Apr 10
#231690 Apr 17
#231691 Apr 24

Yoga All Levels

Ages: 18 -65 This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Previous yoga experience is recommended. Certified yoga instructor: Jenny Turnage. \$60 (Resident) / \$75 (Non-Resident)

Thursdays 6:30 - 7:30 PM

#231952 Jan 3 - Feb 7
#231953 Feb 21 - Mar 28
#230618 Apr 11 - May 16



Lake Johnson Park
Thomas G Crowder Woodland Center
5611 Jaguar Park Drive
Raleigh, NC 27606
919.996.3141



Restorative Yoga

Ages: 18+ Slow down your evening and enjoy poses supported by props such as blankets, bolsters, straps, and eye pillows. This class will take you through a sequence of restful postures, in which you encouraged to find comfort and ease in your body. These restorative poses along with basic breathing techniques and gentle stretches, serve to calm the nervous system and promote relaxation and deep healing. This is a slow and still practice that focuses on passive poses to help heal the effects of chronic stress on the body, mind, and spirit. For both younger and older individuals regardless of experience or fitness level. It is an excellent practice for those recovering from illness or injury, or anyone living with chronic pain. Instructors: Jenny Turnage & Tina Stephens \$10

Mondays 6 - 7 PM

#230619	Jan 7	#230623	Mar 11
#230620	Jan 28	#230624	Mar 25
#230621	Feb 4	#230625	Apr 8
#230622	Feb 25	#230626	Apr 29

Adaptive Chair Yoga

Ages: 18+ Although this is a chair yoga class, we use the chair not to sit in but as a prop, and we use the wall to support every pose so it's safe and accessible. This class includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints, and breath awareness to promote a calm mind and body. The dynamic format of the class will increase fitness and be challenging but at a level appropriate for folks ages 50+. Instructor: Tina Stephens.
\$40 (Resident) / \$55 (Non-Resident)

Tuesdays 6 - 7 PM

#230616	Jan 8 - Feb 5
#230617	Feb 19 - Mar 19
#230618	Apr 2 - 30

